

# Safety On The Road

## Seeing Is Everything For Night Driving!

Darkness alters depth perception, color perception and your peripheral vision. It is harder to judge the speed and direction of other vehicles at night, and more difficult to interpret signs and signals.

### **Prepare for night driving by making sure you can see and be seen:**

- Clean headlights, tail lights and signal lights and check to make sure they are working. Keep headlights adjusted and aimed correctly.
- Clean and adjust mirrors.
- Clean your windshield and windows inside and out. If you smoke in the vehicle, clean the inside often.
- Night driving starts before sundown and lasts until the sun is well up. Twilight is a difficult time to drive because of changing light conditions. Headlights may not be of much use in illuminating the road, but they will help others to see your vehicle.
- If you have had daytime running lights on, remember to switch to full lights for night driving.
- Do not use parking lights when your vehicle is moving because of the danger of confusing other drivers.
- Look well ahead of the area illuminated by your headlights. You can get clues about the situation ahead by motions, by other vehicle lights, signs and other indicators of changes coming up. Look for reflection of lights ahead of or behind you in phone or power lines. On a curving highway, you may be able to see the reflection of other vehicle lights on the side of the road.
- Do not use your high beams in fog or heavy snowfall; you will be able to see better with your low beams. Consider special fog lamps for your vehicle if you live in areas where fog is a frequent hazard.
- If you are blinded by the lights of an on-coming vehicle, do not look directly at the other vehicle. Instead, watch the right edge of the road or your lane as far ahead as possible. The edge painting lines and reflective rumble strips will provide a guide to help you keep in your own lane.
- If the vehicle traveling behind you has its bright lights on, switch your mirror to the night setting. However, do not use this night setting in heavy urban traffic; it makes it difficult to distinguish objects in the mirror. If your mirror is not adjustable, avoid looking at bright lights reflected from behind.
- Give your eyes a few minutes to adjust to the dark after you leave a brightly lit building. Wear sunglasses when you go into a restaurant for your break to help maintain your night vision. Wear sunglasses in the daytime to protect your night vision – but never wear shaded glasses to drive at night.
- Keep the lighting low on the instrument panel. Learn the position of the gear selector and all controls so you can operate them correctly without looking. Be aware the flash of a cigarette lighter or the glow of a dome light can temporarily prevent you from seeing out into the darkness.

*See your way to safe night driving. Drive so you can stop within the area illuminated by your headlights.*

The information presented in Copy Ready! has been compiled from various sources which are believed to be reliable. However, it cannot be assumed that all acceptable measures are contained in this article nor that additional measures may not be required under particular or exceptional circumstances, or your own company procedures, or by federal, state/provincial and local law. Copy Ready! is intended for in-house use only — commercial reproduction is a violation of our copyright agreement.

For a complete catalog of Bongarde Communications Ltd. products please call 1-800-667-9300 or visit us at [www.safetysmart.com](http://www.safetysmart.com).

© MCMXCVII Bongarde Communications Ltd.

#V6113

# Safety On The Road

## Seeing Is Everything For Night Driving!

Darkness alters depth perception, color perception and your peripheral vision. It is harder to judge the speed and direction of other vehicles at night, and more difficult to interpret signs and signals.

**Prepare for night driving by making sure you can see and be seen:**

- Clean headlights, tail lights and signal lights and check to make sure they are working. Keep headlights adjusted and aimed correctly.
- Clean and adjust mirrors.
- Clean your windshield and windows inside and out. If you smoke in the vehicle, clean the inside often.
- Night driving starts before sundown and lasts until the sun is well up. Twilight is a difficult time to drive because of changing light conditions. Headlights may not be of much use in illuminating the road, but they will help others to see your vehicle.
- If you have had daytime running lights on, remember to switch to full lights for night driving.
- Do not use parking lights when your vehicle is moving because of the danger of confusing other drivers.
- Look well ahead of the area illuminated by your headlights. You can get clues about the situation ahead by motions, by other vehicle lights, signs and other indicators of changes coming up. Look for reflection of lights ahead of or behind you in phone or



power lines. On a curving highway, you may be able to see the reflection of other vehicle lights on the side of the road.

- Do not use your high beams in fog or heavy snowfall; you will be able to see better with your low beams. Consider special fog lamps for your vehicle if you live in areas where fog is a frequent hazard.
- If you are blinded by the lights of an on-coming vehicle, do not look directly at the other vehicle. Instead, watch the right edge of the road or your lane as far ahead as possible. The edge painting lines and reflective rumble strips will provide a guide to help you keep in your own lane.
- If the vehicle traveling behind you has its bright lights on, switch your mirror to the night setting. However, do not use this night setting in heavy urban traffic; it makes it difficult to distinguish objects in the mirror. If

your mirror is not adjustable, avoid looking at bright lights reflected from behind.

- Give your eyes a few minutes to adjust to the dark after you leave a brightly lit building. Wear sunglasses when you go into a restaurant for your break to help maintain your night vision. Wear sunglasses in the daytime to protect your night vision — but never wear shaded glasses to drive at night.
- Keep the lighting low on the instrument panel. Learn the position of the gear selector and all controls so you can operate them correctly without looking. Be aware the flash of a cigarette lighter or the glow of a dome light can temporarily prevent you from seeing out into the darkness.

*See your way to safe night driving. Drive so you can stop within the area illuminated by your headlights.*

The information presented in Copy Ready! has been compiled from various sources which are believed to be reliable. However, it cannot be assumed that all acceptable measures are contained in this article nor that additional measures may not be required under particular or exceptional circumstances, or your own company procedures, or by federal, state/provincial and local law. Copy Ready! is intended for in-house use only — commercial reproduction is a violation of our copyright agreement.

For a complete catalog of Bongarde Communications Ltd. products please call 1-800-667-9300 or visit us at [www.safetysmart.com](http://www.safetysmart.com).

© MCMXCVII Bongarde Communications Ltd.

#V6113

# Safety On The Road

## Seeing Is Everything For Night Driving!

Darkness alters depth perception, color perception and your peripheral vision. It is harder to judge the speed and direction of other vehicles at night, and more difficult to interpret signs and signals.

**Prepare for night driving by making sure you can see and be seen:**

- Clean headlights, tail lights and signal lights and check to make sure they are working. Keep headlights adjusted and aimed correctly.
- Clean and adjust mirrors.
- Clean your windshield and windows inside and out. If you smoke in the vehicle, clean the inside often.
- Night driving starts before sundown and lasts until the sun is well up. Twilight is a difficult time to drive because of changing light conditions. Headlights may not be of much use in illuminating the road, but they will help others to see your vehicle.
- If you have had daytime running lights on, remember to switch to full lights for night driving.
- Do not use parking lights when your vehicle is moving because of the danger of confusing other drivers.
- Look well ahead of the area illuminated by your headlights. You can get clues about the situation ahead by motions, by other vehicle lights, signs and other indicators of changes coming up. Look for reflection of lights ahead of or behind you in phone or



power lines. On a curving highway, you may be able to see the reflection of other vehicle lights on the side of the road.

- Do not use your high beams in fog or heavy snowfall; you will be able to see better with your low beams. Consider special fog lamps for your vehicle if you live in areas where fog is a frequent hazard.
- If you are blinded by the lights of an on-coming vehicle, do not look directly at the other vehicle. Instead, watch the right edge of the road or your lane as far ahead as possible. The edge painting lines and reflective rumble strips will provide a guide to help you keep in your own lane.
- If the vehicle traveling behind you has its bright lights on, switch your mirror to the night setting. However, do not use this night setting in heavy urban traffic; it makes it difficult to distinguish objects in the mirror. If

your mirror is not adjustable, avoid looking at bright lights reflected from behind.

- Give your eyes a few minutes to adjust to the dark after you leave a brightly lit building. Wear sunglasses when you go into a restaurant for your break to help maintain your night vision. Wear sunglasses in the daytime to protect your night vision — but never wear shaded glasses to drive at night.
- Keep the lighting low on the instrument panel. Learn the position of the gear selector and all controls so you can operate them correctly without looking. Be aware the flash of a cigarette lighter or the glow of a dome light can temporarily prevent you from seeing out into the darkness.

*See your way to safe night driving. Drive so you can stop within the area illuminated by your headlights.*

The information presented in Copy Ready! has been compiled from various sources which are believed to be reliable. However, it cannot be assumed that all acceptable measures are contained in this article nor that additional measures may not be required under particular or exceptional circumstances, or your own company procedures, or by federal, state/provincial and local law. Copy Ready! is intended for in-house use only — commercial reproduction is a violation of our copyright agreement.

For a complete catalog of Bongarde Communications Ltd. products please call 1-800-667-9300 or visit us at [www.safetysmart.com](http://www.safetysmart.com).

© MCMXCVII Bongarde Communications Ltd.

#V6113